



# Focus on Food Safety

## Turkey Safety Tips

### Avoid Cross Contamination During Storage

- ☐ Fresh turkey-buy it no more than 2 days in advance.
- ☐ Defrosting a frozen turkey in the refrigerator: allow for 24 hours per 5 pounds. Do not defrost on your kitchen counter!
- ☐ Original bag should be intact to prevent raw juices from contaminating other food in the refrigerator.
- ☐ Thawing the turkey in the sink: keep cool water (70°F or below) running over turkey. Cook immediately.

### Leftovers

- ☐ Cut the turkey in small pieces or slice it.
- ☐ Refrigerate in shallow containers immediately. Do not allow food to sit out on counter.
- ☐ Use leftover turkey and stuffing within 4 days.
- ☐ When reheating, heat to internal temperature of 165°F or above.

### To stuff or not to stuff?

The safest way to cook stuffing is separate from the turkey. Regardless of whether stuffing is cooked inside or outside the turkey, stuffing must reach an internal temperature of 165°F. If you choose to stuff the turkey, mix the ingredients just prior to filling the cavity and stuff it loosely, to ensure proper cooking temperatures are reached.



### Safe Cooking

For safety, a turkey must reach an internal temperature of 165°F or above. Use a meat thermometer in the thickest part of the turkey (the breast) to ensure the turkey reached the correct internal temperature.

#### Approximate Cooking Times

| <u>Size of Turkey</u> | <u>Cooking Time</u> | <u>Size of Turkey</u> | <u>Cooking Time</u> |
|-----------------------|---------------------|-----------------------|---------------------|
| <b>Unstuffed</b>      |                     | <b>Stuffed</b>        |                     |
| 8-12 pounds           | 2.75 - 3 hours      | 8-12 pounds           | 3 - 3.5 hours       |
| 12-14 pounds          | 3 - 3.75 hours      | 12-14 pounds          | 3.5 - 4 hours       |
| 14-18 pounds          | 3.75 - 4.25 hours   | 14-18 pounds          | 4 - 4.25 hours      |
| 18-20 pounds          | 4.25 - 4.5 hours    | 18-20 pounds          | 4.25 - 4.75 hours   |
| 20-24 pounds          | 4.5 - 5.0 hours     | 20-24 pounds          | 4.75 - 5.25 hours   |

**If you are planning to deep fry your turkey, please refer to the following safety tips:**

- ☐ Never leave the hot oil unattended and don't allow children or pets near the cooking area.
- ☐ Allow the oil to cool completely before disposing or storing.
- ☐ Immediately wash hands, utensils, equipment and surfaces that have come in contact with raw turkey.
- ☐ Turkey should be consumed immediately and leftovers stored in the refrigerator within two hours of cooking.

